



**THE
PROGRAM**
NIKETRAINING.CA



THE PROGRAM

In-Season Training.

To keep what you've earned in the off-season, your in-season training can't be an after-thought. Developed by big league veteran Gary Roberts and pro trainer Matt Nichol, this in-season version of The Program is designed to work with your hockey schedule and help you maintain peak physical conditioning and strength.

Conditioning Takes 2 Days a Week

Between practice and getting your ice time, it takes two days a week to keep your advantage. This in-season version of The Program has a warm up, a Day 1 and a Day 2.

Day 1 and Day 2 can be completed in any order within a given week. Schedule the Day that fits your goals for each week and complete all drills, steadily increasing their difficulty.

WARM UP

It doesn't matter what kind of workout you are doing, on the ice or off it. Every routine needs a solid warm up to help maintain stamina, flexibility and prevent injury. Start here, no matter which Day you're on.

DAY 1

Day 1 is made up of 4 drills designed to increase overall body strength by working a wide range of muscles. To increase the difficulty, do them as a superset and only rest when you've completed each drill.

DAY 2

Day 2 is made up of 8 drills and is designed to focus more on lower body conditioning. To up the difficulty, there are two supersets – one with a med ball for your lower body and another for your upper body. Only rest when you've completed each superset.

DAY 1**WARM UP****DRILLS**

Warm Up	Sets	Reps	Rests	Superset	Page
Three Position Wall Stretch		6 each leg			4
Side Leg Lifts on Wall		5 each leg			4
Glute Bridge		15-30s			4
Glute Bridge Marching		60s			4
Wall Squats		60s			4
Wall Side Lunges		5 steps each way			4
Prone Cobra		10 each side			5
Swiss and Med Ball Rotations	3	10	30s		5
Inch Worms		20 metres			5

Drills	Sets	Reps	Rests	Superset	Page
One and One Quarter Skater's Squats	1	10 bodyweight	60-90s	All day 1 drills.	6
	2	5-8 max weight			
Horizontal Pull-Ups	3	8-12	60-90s	All day 1 drills.	6
Incline Dumbbell Press	1	10-12 light weight	60-90s	All day 1 drills.	6
	1	7-10 moderate weight			
	1	5-8 max weight			
Side Planks	2	7 hold each for 7s		All day 1 drills.	6

SUPERSET: For increased difficulty, complete sets of each drill with the same letter (e.g. A, A) as a circuit and do not rest between individual sets.

DAY 2**WARM UP****DRILLS**

Warm Up	Sets	Reps	Rests	Superset	Page
Three Position Wall Stretch		6 each leg			4
Side Leg Lifts on Wall		5 each leg			4
Glute Bridge		15-30s			4
Glute Bridge Marching		60s			4
Wall Squats		60s			4
Wall Side Lunges		5 steps each way			4
Prone Cobra		10 each side			5
Swiss and Med Ball Rotations	3	10	30s		5
Inch Worms		20 metres			5

Drills	Sets	Reps	Rests	Superset	Page
Ladder Crossover	8	4 starts each on the left and right sides			7
Med Ball Sumo Squat & Reach	3	10-12	30s	A	7
Med Ball Wood Chop	3	10-12	30s	A	7
Alternating Lunges	3	10-12	30s	A	7
Med Ball Jump Squats	3	10-12	30s	A	8
Med Ball Push-ups	3	10-12	30s	B	8
Side Planks	2	5 hold each for 5s		B	8
Front Planks	2	Your Max	30s	B	8

SUPERSET: For increased difficulty, complete sets of each drill with the same letter (e.g. A, A) as a circuit and do not rest between individual sets.

WARM UP THREE POSITION WALL STRETCH



1. Use a wall or a post for stability.
2. Kick your leg forwards, sideways and backwards.
3. Each kick should get progressively higher.

REPS: 6 each leg

WARM UP SIDE LEG LIFTS ON WALL



1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Extend one leg and hold for 10 seconds.
3. Repeat with your other leg.

REPS: 5 each leg

WARM UP GLUTE BRIDGE



1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Hold for 15-30 seconds.

WARM UP GLUTE BRIDGE MARCHING



1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Extend one leg at a time, pointing your foot to the ceiling.

REPS: 60 sec

WARM UP WALL SQUATS



1. Start in a seated position with your back and shoulder blades against a wall and your knees bent at 90°.
2. Extend your legs and slide your torso up the wall, hold, and return to first position.

REPS: 60 sec

WARM UP WALL SIDE LUNGES



1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Use the wall as a guide (to hold this position).
3. Take 5 steps in each direction.

REPS: 5 steps each way

WARM UP PRONE COBRA



REPS: 10 each side

1. Lay down on your stomach with your arms out to your sides.
2. Bring your left foot over your back and attempt to touch your left toe to your right hand. You will naturally roll to your left side.
3. Roll back to your stomach and attempt connecting the opposite foot and hand.

WARM UP SWISS AND MED BALL ROTATIONS



SETS: 3 REPS: 10 each direction RESTS: 30 s

This drill requires a swiss ball, a medicine ball and a partner.

1. Sit on a swiss ball holding a medicine ball at arm's length.
2. Keeping your hands at eye level, pass a medicine ball to your partner on one side and pick it up on the other, creating a circle around your head.

WARM UP INCH WORMS



REPS: 20 metres

1. Start in a bridge position.
2. Without bending your legs, "walk" your feet in to meet your hands.
3. Without bending your arms "walk" your hands out until you are again in a bridge position.
4. Travel 20 metres.
5. Jog back to start.

DAY 1 ONE AND ONE QUARTER SKATER'S SQUATS



This drill requires 2 dumbbells or a bar with weights. You will need at least the equivalent of your bodyweight.

1. Hold a bar across your shoulders or a dumbbell in each hand.
2. Perform a full squat.
3. Rise up one quarter of the way, then down again into a full squat.
4. Return to first position.

SET: 1 REPS: 10 bodyweight

SET: 2 REPS: 5-8 max weight

RESTS: 60-90 s

Superset: One & One Quarter Skater's Squats, Horizontal Pull-ups, Incline Dumbbell Bench Press, Side Planks

DAY 1 HORIZONTAL PULL-UPS



This drill requires a suspended bar or rack. For increased difficulty, wear a weighted vest and/or put your feet on a Swiss ball or bench.

1. Position the bar just above shoulder height and grip the bar like you were doing a bench press.
2. Straighten your core in a plank with your heels touching the floor.
3. Pull your body up to the bar in a reverse bench press.

SETS: 3 REPS: 8-12 REST: 60-90s

Superset: One & One Quarter Skater's Squats, Horizontal Pull-ups, Incline Dumbbell Bench Press, Side Planks

DAY 1 INCLINE DUMBBELL BENCH PRESS



This drill requires an incline bench at 30-45 degrees, and dumbbells.

1. Press your back, shoulders and head firmly to the bench.
2. With your palms facing forward, press the dumbbells up from your chest and slightly inward, ending your motion just before your elbows lock. Hold.
3. Return to first position.

SETS: 1 REPS: 10-12 light weight

SETS: 2 REPS: 7-10 moderate weight

SETS: 3 REPS: 5-8 max weight

REST: 60-90 s

Superset: One & One Quarter Skater's Squats, Horizontal Pull-ups, Incline Dumbbell Bench Press, Side Planks

DAY 1 SIDE PLANKS



1. Begin on your side with your weight on your elbow and lower leg.
2. Extend your other arm straight out in a "T" position, keeping your core straight and your feet stacked on top of each other.
3. Hold this position.
4. Return to first position and switch to your other arm.

SETS: 2 REPS: 7 each side with a 7-second hold REST: 60-90s

Superset: One & One Quarter Skater's Squats, Horizontal Pull-ups, Incline Dumbbell Bench Press, Side Planks

SUPERSET: For increased difficulty, complete sets of each drill with the same letter (e.g. A, A) as a circuit and do not rest between individual sets.

DAY 2 LADDER CROSSOVER



SETS: 8 (4 starts each on the left and right sides)

This drill requires a ladder or Agility Web.

1. Start at one end of the web beside the first box.
2. Step into the first box with your outside foot, crossing your body.
3. Next, bring your crossed foot to the other side of the box and bring your feet together on the other side.
4. Repeat the steps, alternating your feet until you reach the end of the web, and jog back to start.

DAY 2 MED BALL SUMO SQUAT & OVERHEAD REACH



SETS: 3 REPS: 10-12 RESTS: 30s

Superset: Med Ball Sumo Squat & Overhead Reach, Med Ball Wood Chop, Alternating Lunges, Med Ball Jump Squats, Med Ball Push-Ups

This drill requires a medicine ball.

1. Start in a standing position with your legs wider than shoulder width apart, holding the med ball over your head.
2. Drop to a squat position and hold.
3. Return to first position.

DAY 2 MED BALL WOOD CHOP



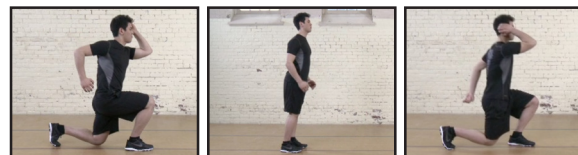
SETS: 3 REPS: 10-12 RESTS: 30s

Superset: Med Ball Sumo Squat & Overhead Reach, Med Ball Wood Chop, Alternating Lunges, Med Ball Jump Squats, Med Ball Push-Ups

This drill requires a medicine ball.

1. Start in a standing position with feet shoulder width apart.
2. Hold the med ball in two hands and raise it over your shoulder.
3. Bring it down across your body in a chopping motion, stopping it at your hip.
4. From the bottom of your chop, raise the ball over your other shoulder.
5. Chop down to your opposite hip to complete a figure eight.

DAY 2 ALTERNATING LUNGES



SETS: 3 REPS: 10-12 RESTS: 30s

Superset: Med Ball Sumo Squat & Overhead Reach, Med Ball Wood Chop, Alternating Lunges, Med Ball Jump Squats, Med Ball Push-Ups

For increased difficulty, hold a med ball over your head as you complete the exercise.

1. Start in a standing position with hands at chest height.
2. Lunge forward on one leg, and hold.
3. Return to first position and with other leg lunge.

SUPERSET: For increased difficulty, complete sets of each drill with the same letter (e.g. A, A) as a circuit and do not rest between individual sets.

DAY 2 MED BALL JUMP SQUATS



SETS: 3 REPS: 10-12 RESTS: 30s

Superset: Med Ball Sumo Squat & Overhead Reach, Med Ball Wood Chop, Alternating Lunges, Med Ball Jump Squats, Med Ball Push-Ups

This drill requires a medicine ball.

1. Start with your legs apart, holding the med ball at chest height.
2. Squat so your knees are at least 90 degrees.
3. Explode upward as high as you can, keeping your legs open and ready to transition to the next squat.

DAY 2 MED BALL PUSH-UPS



SETS: 3 REPS: 10-12 RESTS: 30s

Superset: Med Ball Sumo Squat & Overhead Reach, Med Ball Wood Chop, Alternating Lunges, Med Ball Jump Squats, Med Ball Push-Ups

This drill requires a medicine ball.

1. Begin in a pushup position with one hand on a med ball.
2. Complete push-up sets for each arm.
3. Increase level of difficulty by switching the med ball between hands for each rep without touching your knee to the floor, or place both hands on the med ball to complete a power set.

DAY 2 SIDE PLANKS



SETS: 2 REPS: 5 each side with 5-second holds

Superset: Side Planks, Front Plank Push-ups

1. Begin on your side with your weight on your elbow and lower leg.
2. Extend your other arm straight out in a "T" position, keeping your core straight and your feet stacked on top of each other.
3. Hold this position.
4. Return to first position and switch to your other arm.

DAY 2 FRONT PLANK PUSH-UPS



SETS: 2 REPS: Max REST: 30s

Superset: Side Planks, Front Plank Push-ups

1. Start in a push-up position.
2. When you reach the down position, flex your ankles and push your body weight back, touching your elbows to the ground.
3. Push your weight forward with your feet to return to the down position and complete the push-up.

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HOCKEY & TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOVEMBER		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
DECEMBER	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

Fill in your hockey schedule to plan your training days.

HOCKEY & TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
FEBRUARY	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29				

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HOCKEY & TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
APRIL	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30						

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